

THE SERLC IS GROWING!

FREE

No health insurance, no membership dues or fees
of any kind

Just drop by – all are welcome!

Growing Together as a Community



730 Belmont Street

Brockton MA 02301

(508) 857-0316

Brochure updated November 11, 2015

The Peer Support Line

... is a friendly phone line staffed entirely by people with lived experience of mental health challenges or dual diagnosis.

Peer Operators are compassionate, empathic listeners. They offer support and validation. They empower callers to find solutions to their own problems and concerns.

The Peer Support Line accepts calls from peers who are perhaps lonely, depressed, and/or isolated. Or you may just want to connect with another person. The focus of the discussions are recovery-based, and the Operators are motivated to assist callers with information on and referral to local, state and national programs and services that may be useful to them in their day-to-day lives.

The Peer Support Line is open for calls 7 days a week 4 PM to 8 PM. We have Operators who speak Spanish and English on Wednesday and Sundays! **PLEASE** Call Us:

1-877-733-7563 or

1-877-PEER-LNE (no "I")



Dive into the Wave of Recovery



And Ride it Onto the Shore of Wellness!

BROCKTON RECOVERY CONNECTION CENTER

Hope

*Dignity * Respect*

*Friendships * Connection*

*Education * Employment Readiness*

Leadership Training

Funded by the Department of Mental Health



MONDAY

12—1 Women's/Men's
Groups
1—2 Wake-Up Call
2—3 Peer Support
6—7:30 NAMI Connection
Group

TUESDAY

10—11 Creative Expres-
sions
11—12 Peer Support w/
Stairway to Recovery
12—1 A Touch of Music

WEDNESDAY

6—7 Peer Support
7—8 DRA

THURSDAY

3rd Thursday only:
10—11:30 Breakfast Group
12—1 DRA
1—2 Writer's Journey
2—3 A Touch of Music
3—4 Gratitude

FRIDAY

11-12 Mysteries of Mental
Illness
12—1 Self Esteem
1—2 Peer Support
2—3 The Week in Review

SATURDAY

10—11 Exercise



Groups:

Wake-Up Call: How was your weekend?

DRA (Dual Recovery Anonymous): Group deals with diagnoses of both mental health and addiction.

Week in Review: Last group of the week. How did it go? What's up for the weekend?

Touch of Music: Music touches everyone. Tells us a song that's special to you and we will play it to share with the group .

Creative Expression: An opportunity to be productive. Draw, sketch, make a craft.

Writer's Journey: A chance to write down your thoughts.

Mysteries of Mental Illness: Mental illness in the past. What did we endure?